

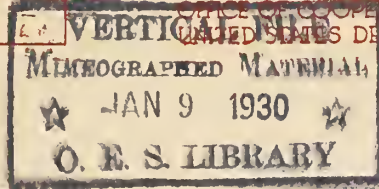
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HOME DEMONSTRATION REVIEW

OFFICE OF CO-OPERATIVE EXTENSION WORK, EXTENSION SERVICE
UNITED STATES DEPARTMENT OF AGRICULTURE, WASHINGTON, D. C.



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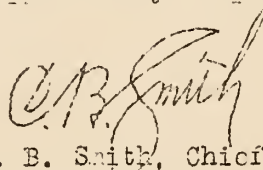
January, 1930

NEW YEAR'S GREETING to Home Demonstration Workers Everywhere

We are delighted to send you as a New Year's greeting Volume 1 of the Home Demonstration Review, which we hope will be helpful in your work throughout the year. It will be issued monthly.

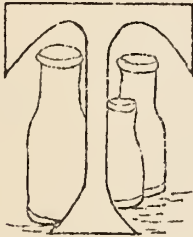
We are in a new era of development in home demonstration work. Three hundred and twelve women agents have been added to our force during the past two years, making the total now over 1,650, including 201 home-economics specialists. The prospects are good that funds may become available for still greater expansion in this field during the next few years. Much greater interest is being taken by administrators in the home demonstration phase of extension work.

Home-economics extension forces are quickening the interest everywhere in the home beautiful, both within and without; in the orderly, comfortable home, the convenient, cultured home; the home where high standards of living prevail, where hospitality abounds, and where play and laughter and song and good will are. We have a part the coming year in furthering all these improvements for the farm home, to an extent greater than any other agency. I congratulate you on having the opportunity to play a part in this great plan.


C. B. Smith, Chief.

FIVE-YEAR KEEP GROWING DEMONSTRATING GROWS

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he last year of Nevada's five-year "Keep growing" demonstration involving over 3,000 children was reached in 1928, but is still growing" says the State home demonstration leader, Mrs. Mary S. Buol.

The plan for this demonstration included the accomplishment of one goal a year through well-trained local leaders.

The goal for the first year was 1 quart of milk for every child. Two leaders in each community were given information regarding the importance of milk in the diet and were taught to weigh and measure children. Each leader then endeavored to reach 100 per cent perfection in the consumption of milk in her territory.



The second year the use of two vegetables daily was added to the program, and the leaders were instructed to interest parents further in the improvement of their children's diets.



The third year cooked mush for breakfast was added to the previous program; the fourth year, 10 hours' sleep; and the fifth year, a hot supplement to the school lunch. Each year the work of previous years was repeated so that the goals were increased until now the leaders who have been so thoroughly and carefully trained over a period of years are emphasizing the importance of milk in the diet the first month, two vegetables the second, mush the third, sleep the fourth, and the hot supplement to the school lunch the fifth month of each year.

The reasons why the leaders are willing to continue their labors in improving children's diets over so long a time, says Mrs. Buol, is that recognition of progress is based on the percentage of improvement made in each demonstration. A census of the children to be reached was made in the beginning in each locality and record kept of the number of children and the faithfulness with which they observed the improvement in their diet. A gold star is awarded to each community having reached a goal of 75 per cent of the children normal weight or slightly under and only 10 per cent or less dangerously underweight,





HERE AND THERE IN THE FIELD

Even though the county budget may not permit sufficient appropriation for reappointing all the county officials the farm women of Johnson County, N. C., are determined not to be deprived of the helpful services of their home demonstration agent, so they have met jointly and planned a poultry sale, each donating from her farm flock demonstration to raise the county's part of the agent's salary. This action testifies that these farm women understand and appreciate the real service the home demonstration agent is rendering in the county.



Mrs. Ruth Park, home demonstration agent of Curry County, N. Mex., says in her last annual report: "Our foods, health, and nutrition work have been carried as one project. As one phase of this health project scales were taken to nearly all communities, and both women and children were weighed and told what diets were good for building and what diets were good for reducing, whichever the need might be.

"One club was so much interested in these diet menus that they divided the club into two groups, 'the fats' and 'the slims,' and at their next meeting 'the slims' were to bring a dish for dinner that was to be a body builder and tell why they brought that particular dish, and 'the fats' were to bring a dish belonging to a reducing diet. This was an interesting way to get the women to study the different food values."



Edith L. Mason, home demonstration leader in Connecticut, says in her annual report, "To visualize the fundamental principles underlying good arrangement of furniture, a set of slides developed by the American Art Bureau, 166 West Jackson Boulevard, Chicago, Ill., has been used. When meetings are held in homes or rooms that lend themselves to demonstration possibilities, actual arrangements are made to illustrate the points brought out in the slide pictures."



The State garden and food preservation specialist in South Carolina, Mrs. Dora D. Walker, writes most enthusiastically about results being obtained in the beautification of the home grounds, roadways, and community parks. She says that they have developed and beautified 14 community parks, 194 school grounds, 89 church grounds, and 27 cemeteries.

Much interest is being shown in the establishment of community parks, and this work is restoring community spirit, centralizing and unifying community activities. The club women have beautified more than 170 miles of highway. They have had many roadside-scatter-seed campaigns in order to have flowers blooming between the trees they have set. This bright display of color is most effective in the summer and has been admired by hundreds who are fortunate enough to travel along these attractive highways. The filling stations have caught the inspiration, and their grounds are also being improved and beautified everywhere along the roads.



The extension service of New Hampshire sponsored a one-act play contest among rural people in 1928-29. Seventy community organizations participated in county contests during the winter and spring, and every county in the State but one was represented in the finals during Farm and Home Week in August. The plays were judged according to the following score: Acting, 60 per cent; team play, 25 per cent; costuming and stage setting, 15 per cent.



In Trumbull County, Ohio, when nutrition work was being organized the home demonstration agent made special provision in her plans for the use of news items regarding the work with special view to giving press recognition to the activities of local leaders. In the preliminary preparation of the news stories she was assisted by the State nutrition specialist, who was in the county helping with the organization work. In these items special effort was made to give recognition to the local leaders and to encourage them.

When the leaders met in a county-wide group for subject-matter training after the first stories had been published, they fairly radiated with enthusiasm because of the recognition already given their part of the work in the local newspapers. The influence of these news items also reached into near-by counties where the same project was being given. In one of these counties the home demonstration agent had just set up the organization for the foods project when she left the county. The leaders there, however, insisted on continuing with the work, with the help of the specialist until a new agent could be obtained. At each meeting the specialist noted that they were watching the news items about the work in Trumbull County and that they never failed to say: "They must be doing a lot of vegetable cookery over in Trumbull County; I see so much about it in the papers." Other evidence of the value of this news service was seen in the spread of this project in both of these counties, which is far greater than in preceding projects. Six hundred and eighty-two women were reached through 72 leaders in 11 townships.

SPECIAL CONTRIBUTIONS

WHAT HOME DEMONSTRATION AGENTS DO

The things home demonstration agents may do and are doing to help the farm women in making a home are many. Among them are the following:

Helping the farm woman with her poultry, dairy, garden, and marketing problems, so that she may have more money with which to buy the things she needs--things for the house, things for the children, things for herself.

Bringing to the farm woman's attention labor-saving devices and short-cut methods in doing housework, so that she may have more leisure to read, to enjoy her children, to work with her flowers, to visit her neighbors, to go to town, or to do like things.

Home demonstration agents bring to the farm woman's attention information regarding the blending of colors, harmony in design, the use and making of patterns, the quality of textiles and fabrics, so that the farm woman may clothe herself becomingly and in accordance with the fashions of the time.

They help her with the problems of child training to a knowledge of the child mind at various stages of development, child habits at different ages, the nutrition and growth of the child, so that it may be normal in mind and body.

Home demonstration agents help the farm woman to find the time and to have the desire to join her neighbors in the upbuilding of community affairs and to do her full share. The mind and heart expand with worth-while and altruistic enterprises.

They teach the farm woman the need and value of play and social life. She is a better wife and mother who gets outside the home occasionally to see how other folks live and do, and who retains her youth with play and social life.

The home demonstration agent helps the farm woman to a better knowledge of nutrition. It is said that a third of our rural people are suffering from preventable ailments like constipation, anaemia, rheumatism, goiter, headaches, indigestion, and pellagra, because of the improper selection, preparation, and use of the foods which are so abundant on the farm.

The home demonstration agent aids the farm woman to a knowledge of home decoration, the beauty of pictures, the choice and arrangement of furnishings, painting of china, the making of rugs and baskets, the landscaping of the home grounds, the arrangement of flowers, and like matters.

The home demonstration agent encourages the farm woman to get outside the home occasionally and shows her how she may attend the women's extension camp, take a short course of a week or more at the agricultural college, where the mind is freed and the vision expanded, as a result of which she becomes increasingly interesting and companionable to her husband and children.

It is designed that the home demonstration agents' work lighten the tasks and make easier the labor of farm women, add beauty and contentment to the rural home, quicken rural social life, bring to the farm family a measure of recreation, give guidance in the technique of home making, help the farm woman to increase her income, to add to her knowledge, and to broaden her vision.



MISCELLANEOUS ITEMS

Gas-Treated Tomatoes Lower in Vitamins Than Those Ripened on Vine

"Tomatoes that are allowed to stay on the vine until they are actually ripe are superior in vitamin content and food value to those picked green and then treated with ethylene gas to give the fruit the color that is characteristic of the ripe fruit, but the ethylene treatment apparently has no harmful effect on the vitamins already formed in the green fruit that is treated, says the Bureau of Chemistry and Soils, U. S. Department of Agriculture, after experiments on the subject."

Use Pressure Cookers Or Adequate Curing Or Acidification in Canning Nonacid Foods

"Research and practical experience have demonstrated, says Dr. A. F. Woods, director of scientific work, U. S. Department of Agriculture, that nonacid food products, like asparagus, beans, corn, peas, beets, spinach, fish, and meats, except when adequately cured or adequately acidified, can not be safely canned by processing in boiling water, but must be sterilized under pressure with approved time and temperature.

"Pressure cookers are now standard equipment and are readily available at small cost. The department does not recommend any particular make, although attention is called to the importance of having the pressure kettle equipped with thermometer or pressure gauge for proper control.

"There is now no excuse," says Dr. Woods, "for continuing to take risks involved in canning nonacid foods without adequate pressure cooking or curing or acidification. All recommendations by the Department of Agriculture will hereafter make this clear and emphatic."

Glimpses of the Land-Grant College Meeting.

Much might be written of the Land-Grant College Association meeting which would be of interest to home demonstration workers but space permits only flashes:

"We must develop a constantly improving standard of living for the farm family." (Secretary Hyde.)

Director Warburton emphasized the importance of women in determining the success or failure of cooperative marketing associations.

"Land-grant institutions should be most liberal in granting leave of absence to extension workers for professional training and go as far as they can in helping finance each case, making it worth the while of the agent to take the additional training through an increase in salary upon return to work. ***We best serve our own interests as administrators and as colleges, and the farmer's interest when we best serve the interests of the extension agents and provide ways for their professional improvement and advancement." (C. B. Smith, chief, Office of Cooperative Extension Work.)

Mrs. Kathryn Van Alton Burns of Illinois speaking on "Effective Methods of Creating Sentiment for the Employment of County Home Demonstration Agents," emphasized four points: The need of a strong local organization, which must have an objective of permanence; a program based upon actual desires of farm women intellectually as well as emotionally; recognition that able local leadership is needed in organization as well as in subject matter; and a county committee whose members assume personal and exact responsibility for publicity, meetings, etc. She mentioned the constructive results of the increased activity of directors of extension in the further development of home demonstration work.

Connie Bonslagel, Arkansas, at the joint Extension-Farm Board luncheon, assured the board of the support of farm women and the home demonstration staff.

Dr. Louise Stanley, Chief of Bureau of Home Economics, said that while she agreed as to the necessity for fundamental training and recognized that it was necessary to go to the fundamental sciences for many of our research workers, it is desirable for those doing home-economics research to have in addition to this training some contact or training in home economics. Where this is not the case it is essential that such studies be directed by some one with a home-economics point of view if this work is to solve the problems of home-economics adequately.

John D. Willard, American Association for Adult Education, stated that with the exception of the present Chinese literacy move-



ment, the cooperative extension work of the United States is the greatest piece of adult education in the world. He said that the training of lay leaders as conducted through home demonstration work has opened a new chapter in the history of education and that at present the only chance for cultural development in rural America is through volunteer organization of rural people and through the Smith-Lever extension service.

George E. Farrell, of the Office of Cooperative Extension Work, urged the need of legislation to complete the extension system so that agents in agriculture and home economics might be employed full time in every agricultural county and that the extension program be designed to raise the standard of living.

President Bradford Knapp of Alabama stated that home improvement and home beautification are fundamentally essential in an advancing extension program.

Dean Mumford of Illinois emphasized the fact that the importance of the farm home as an objective in the extension program has not had adequate attention and that the development of rural leadership has been the greatest development under the Smith-Lever Act.

Director Brokaw of Nebraska said extension specialists need broad training, since they are meeting constantly changing conditions. They must understand that specialist work is done to promote rural well-being and not to promote a project.

Doctor Klein of the Bureau of Education reported that the data from the home-economics section of the survey of the land-grant institutions have been tabulated and are now being interpreted, and that these data should be utilized.

WESTERN STATES EXTENSION CONFERENCE

Human nutrition and range livestock were the two subjects considered at the Western States Regional Extension Conference, State College, N. Mex., November 4-8. Miriam Birdseye, nutrition specialist of the U. S. Department of Agriculture, presented a review of the progress made in the nutrition project during the past five years in the Western States. She pointed out that projects had been somewhat reduced in number and simplified, with the result of more intensive effort being placed on those retained; and that a larger number of homes with young children had been reached.

The nutrition committee maintained that health is an essential to successful farm business and happy farm family life and that a balanced and sufficient food supply is necessary for health. The nutrition problems of the Western States were listed, and plans and methods for meeting them suggested. The committee reports of the conference will be published.

PLAYS AND RECREATION

"Crawford County, Wisconsin, in Song and Story."

A playlet which might be duplicated in other places was given by the Mt. Sterling group for their part in their achievement-day program on July 11, 1929, at Gays Mills, Wis. It depicted the settlement of the county and was entitled, "Crawford County in Story and Song." The players appeared in raiment of by-gone days. The theme of this pageant was:

PROLOGUE

Home makers of Crawford County, may we give a thought in passing,
To those mighty men and women, who have made our county worthy,
By their work for civilization. We will make the future glorious,
With more vision true and wholesome, if we turn a thankful gesture
To the nations who have given, of their best to Crawford County.

On these hills the red men hunted,
Fished these streams of running water,
Worshipped mighty Mississippi;
Let us think of them a moment.
Life to them was full of striving;
They made clothes from skins and blankets,
Taking feathers from the wild birds,
That their garments might have style.

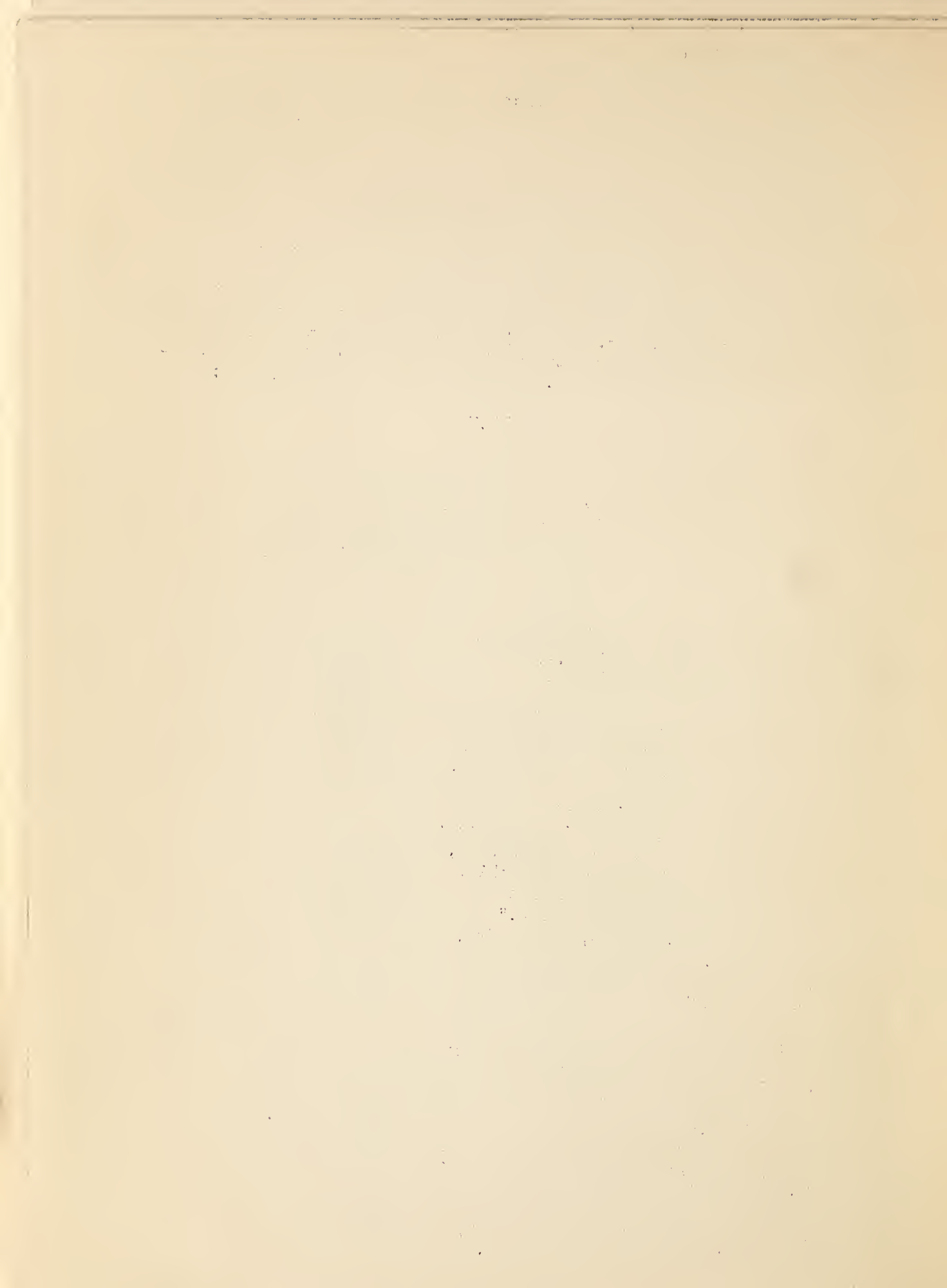


Frenchmen heard of Mississippi,
Greater than their loved St. Lawrence;
Said, "That land is great and worthy,
And the Indians need our friendship.
We will start an Indian mission
And a fort and trading station."
So came soldier, priest, and trader,
Each in trappings of his station,
Holding dear their French tradition,
Started Prairie du Chien the lovely.



Years passed and a change in power,
Brought new people to these hillsides;
From New York and old New England
People felt the urge to westward.
In the tavern house at Seneca
Travelers heard of lovely hollows
With their springs of bubbling coolness.
Then these pioneers in homespun
Settled cow and dog and horses,
While they made a strong log cabin,
In some sheltered spot of beauty.





Then to add their joy in living
Came the gallant Irish laddies.
Could the hardships they encountered
Crush their gift of happy laughter?
When their neighbors got discouraged
They could hear the Irish humor
And take heart for further striving.
Mayhap their Irish togs were funny;
Still they had a mission joyous.



Germans crowded in the homeland
Sent strong sons and comely daughters.
Those who loved the farm and forest
Got them farms in Crawford County,
Said, "We give our thrift and ardor;
Let us make a home among you."



Bohemians came to free America,
Found our cities very trying.
Women sickened for the homeland,
But they travelled farther westward,
Found them homes in west Wisconsin
That seemed dear to them and lovely.



Out from Norway came the tall sons
Of the sturdy Scandinavians,
Looked upon our hills and valleys.
"Ah!" said they, "A second Norway;"
Made them bear great herds of cattle,
Sent for girls from the old country
Wearing brightly colored costumes,
Got them homes and builded churches,
"We will love this land forever."



EPILOGUE

Home makers of Crawford County,
Let us make our land most lovely,
Dress with care to reflect beauty,
Make of homes the pleasant places
Where the work does not kill pleasure.
Teach the young who stand beside us
Love of God and Home and Country,
So our lives may be a blessing,
Shadowing forth a better country.



REFERENCE SHELF

PUBLICATIONS OF U. S. DEPARTMENT OF AGRICULTURE

Leaflet	Subject	
31	Termites in buildings - - - - -	05¢
45	Pork in preferred ways- - - - -	05¢
48	Reindeer recipes- - - - -	05¢
49	Ice creams frozen without stirring- - - - -	05¢
52	Suits for the small boy - - - - -	05¢
Circular		
89	Nutritive value and cost of food served to college students - - - - -	05¢
Farmers' Bulletins		
1572	Making cellars dry - - - - -	05¢

MOTION PICTURES - NEW FILMS

Lamb - More than legs and chops - - - - - 3 reels

NEW CHARTS

EDUCATIONAL SERIES. Copies of these charts, 12 by 15 inches in size, can be purchased from the Superintendent of Documents, Government Printing Office, Washington, D. C., at a price of 5 cents for single charts or any number up to five charts. Five charts are 5 cents. Each additional chart is 1 cent. Remit by coupons, postal order, express order, or New York draft. Do not send postage stamps, mutilated coin, or foreign money. Remittance of currency will be at sender's risk. Please note especially that money should not be sent to this department.

Index No.	Title
8.31	Some types of weaves.
8.32	Some points in fitting dresses and blouses with set-in sleeves.
8.35	Some things to remember in judging fabrics.
7.78	Veneer and its use in furniture construction.
7.70	Furniture woods.
7.77	How lumber may be cut.
8.21 a	Good sources of Vitamins A and D.
8.21 b	Good sources of Vitamins B and C.
8.04	Federal law demands truthful labels.
5.090	Storage of fruits and vegetables for home use: (1) Outdoor storage pits.
5.099	Storage of fruits and vegetables for home use (2)
5.564	Dryness in citrus fruits.
5.565	Appearance and quality of citrus fruit.
5.79	Some causes of potato waste.

- 1.681 Wholesale cuts of lamb.
- 1.682 More popular lamb cuts.
- 1.384 Fork loins and chops.
- 1.383 Bacon, bacon trimmings, and jowl bacon.
- 1.382 Rough and trimmed ham and shoulder.
- 1.381 Rough and trimmed pork cuts.
- 1.683 Less-known lamb cuts.
- 8.104 In days of plenty provide for the lean months.
- 8.10 A well-planned farm food supply.
- 8.271 Bone growth begins before birth.
- 8.272 Poorly built bones go wrong.
- 8.273 The teeth and their structure.
- 8.273 B The teeth and their structure, (Diagrams.)
- 8.274 The development of the teeth illustrated by X-rays of the jaws of children.
- 8.275 The development of the teeth illustrated by X-rays of the jaws.
- 8.276 Premature loss of temporary teeth may deform the jaws.
- 8.278 Sunshine is necessary for mothers as well as children.

NUTRITION CHARTS. A set of 9 nutrition charts, which are 15 by 23 inches in size, can now be bought for 50 cents a set from the Superintendent of Documents of the Government Printing Office.

- 1. Growth is an index of nutrition.
- 2. Growth may be controlled by diet.
- 3. Bone growth may be stunted by diet.
- 4. Protein in the diet.
- 5. Calcium in the diet.
- 6. Phosphorus in the diet.
- 7. Vitamin A in the diet.
- 8. Vitamin B in the diet.
- 9. Vitamin C in the diet.

HOUSEHOLD REFRIGERATION CHARTS. These charts, which are 16 by 20 inches in size, can be bought for 20 cents a set from the Superintendent of Documents of the Government Printing Office.

- 1. Using the temperatures in a good refrigerator.
- 2. Be sure milk and meat are placed in coldest section.
- 3. Care of meat in the home.
- 4. Cold checks bacterial growth.
- 5. Use enough ice.
- 6. Save food - not ice. Do not wrap ice.

THE SPIRIT OF THE HOME

"Nor need we wealth nor splendor,
Wide halls or lordly domes,
The good, the true, the tender,
These make the wealth of Homes."
Washington Irving.

